

- 2) Association of abdominal movement which are voluntary + involuntary muscles of alimentary tract.
- 3) Improve portal circulation.
- 4) General scheme of exercise - for tone up.
- 5) Exercise during the day.
- 6) Use of drugs - aperients.
- calomel, castor-oil.

Abdominal Exercises.

- 1) Cr. by abd. contraction.
- 2) Cr. by hd. lift'g - look at knees.
" " hd. + sh. lift'g " " "
- 3) Cr. by kn. bend'g up to chest + down.
- 4) Cr. by kn. rais'g on chest + down.
with resistance.
- 5) Cr. by leg up drawing + down pressing
with resistance.

Posture Abd.

- 6) Hd. + knees bent meeting.
- 7) Hd. + sh. meet bent knees.
(no fixed point.)
- 8) Ming ^{head} H. R. S. - T. drawing up to
the vertical.
- 9) Ming with hds. on hips -
sh. by + back to upright.
- 10) Ming H. R. S. - T. rotation (portal circ.)
- 11) " " " " resisted T. rotation.
lt. hand front of lt. shoulder.
rt. hand back of rt. shoulder.
patient turns rt.

As T. side flexors.

Ming H.R.S. Str. st.

Alt. side T. bend'g.
(portal circ.)

Muscle development.

(slowly, with resistance.)



Ed. lt. - st. side flexors conc. inner r.
full st. - lt. side flexors conc. full r.
Bending lt. - all lt. side flexors.

Children - rope climbing.

Muscles of pelvic floor.

Constrict. ant.

levator post.

high adductors + extensors.

Primary anemia.

Secondary Anemia.

- 1) - lessening of amt. of blood in body,
or some constituent of blood.
- 2) - less red blood corpuscles.
- 3) - amt. of haemoglobin in blood

I Chlorosis - haemoglobin.

Pernicious - red. blood corpuscles.

- in adults.

- cause unknown.

- difficult to cure.

- liver extract.

- leads to neurotic disease.

441 anter + lateral lobes.

● Sub-acute Combined Degeneration.

Secondary - second to some other disease.
- hemorrhage, typhoid, infection,
malnutrition.

Hemoglobin - contains iron, combines with O_2 .
- deficiency of O_2 .

O_2 - burns food.

Signs - fatigue, depression, slow development,
posture bad, pale, m. m. of
eye & mouth, thin or fat.
digestive disturbances,
constipation, breathing rapid & shallow,
giddiness & fainting, heart muscles
weak, failing heart, heart murmurs.

Results - no exercise - put to bed.

- 1) - complete rest of heart
- 2) - drugs to increase hemoglobin (iron)
- 3) - nourishing & digestive diet.
- 4) - carefully regulated exercises after
well.

- Easy A. & Leg & Breathing exercises.
- Time activity before breathing each time.
- A. breath. L. breath. Abd. breath. F.F. breath.
- Progression - back & T. exercises.
- posture. 14 - 16 yr.

Infantile Paralysis

- disease of C.N.S - spine cord + brain.
- ant. polio - myelitis.

Causes - germ small.

- entering to body through nose.
- cells in ant. horn of spinal cord.
- 3 stages.
 - acute,
 - convalescent
 - chronic

Acute - 1st infection.

- head cold, paralysis of limb.
- pain in back of neck.
- as long as constitutional illness.
- isolation.

Convalescent - some use of limb.

- const. illness gone.
- ant. of paralysis - degree of damage to spinal cord.
- cells ~~renew~~ completely if pressure removed from spinal cord.
- 2 yrs.
- ant. of recovery - nerve cells.

Keep arms & limbs in a aeroplane position to keep muscles in least stretched position.

Splints must fit.

Operation.

1) Fuse joints. (Arthrodesis.)

2) Pine joints. (Ankylosis)

Knee, shoulder.

2) Tendo Transplantation.
Transplant tendon elsewhere.

3) Tendon lengthening - Tendo Achilles.
- calf muscle shortens, if dorsiflexion paralyzed.
- not till hope of recovery gone.
Exercise mild for 6 months after paralysis.

~~#~~ Chorea (St. Vitus's Dance)

Exaggerated fighting.

Type 1) Highly strung - rheumatic.

2) Irritation of cortex of brain - motor centres.

Causes 1) Child run-down, worried.

2) Can be mimicked.

3) Imitates all symptoms of today
- duplicates heart symptoms.
(heart lesion)

Remedy - 1) Remove child from worry.

2) Fresh air, sunshine, interest.

Treatment

1) Put in bed, darkened room, see no one.

2) Child fed, sedative drugs.

3) Keep there till movements subside.

4) Exercises A. & leg in lying.

5) Record kept of effect on heart.
by pulse.

6) Exercises in sitting & standing
then normal activities.

7) Return to school.

- earlier treated - the better.

Rickets - deficiency disease.

- deficiency of some food - vitamin D.
- anti-rickets.
(sunlight, cod-liver oil, fish, milk etc. orange juice).
- children up to 4 yrs.
- calcium metabolism affects - blood cannot use calcium salts.

Signs - 1) Softening of bones.
2) Delayed ossification.
3) Teeth late
4) Frontal suture closes late 10-12 mo.
5) ~~epiphyseal~~ epiphysis of long bones thickened at ankles + wrists
6) Crying at night, sweat, enlarged stomachs + spleen.

Develops deformities

- 1) Bowled arms.
- 2) Walking - bowled legs.
- 3) Flattening of back of skull.
- 4) ~~Rosario's~~ sulcus - muscle pull at diaphragm.
- 5) Rickety, rosy, pigeon-chested.
- 6) Convulsions + respiratory diseases.

Treatment

- 1) Correct deformity before disease.
- bones can be straightened.
- 2) If constitution poor - rickets cured.
- 3) Bones become very hard.

- 4) Plaster + bend bones.
- 5) Bones fractured + re-set.
- 6) Scoliosis corrected in plaster.

Adult pm. - osteomalacia.

- 1) - softening of long bones.
- 2) - long bones affected - India - women.
- diet - not deficiency.

Disorders of Menstruation.

Amenorrhea.

- Cessation or little menstruation.

Causes

- 1) pregnancy.
- 2) anemia - consumes energy.
- 3) change of climate.
- 4) disorders of ductless glands.

Exercises to increase blood in pelvic organs.

- 1) - arch position - increased abdominal cavity.
- 2) - abd. muscle work. ok. by leg ex.
- 3) muscles of pelvic floor - high heels.
- kn. adduction m. resistance.

Cr. by bicycling.

Dysmenorrhea

Pain during menstruation.

Causes . 1) Structural abnormalities.

- 1) - narrow uterine neck
increased pressure.
- 2) - uterine mouth narrow.
- 3) thickened tissue of
uterine mouth.
- 2) Displaced uterus . - backwards.
- 3) Congestion within pelvis.
 - 1) constipation.
 - 2) restricted exercise at
menstruation.
- lack of exercise.
 - 3) fibroids - added pressure
in pelvis.

Treatment . 1) - depletive exercises.

(body away from pelvis)

2) - exercises to quicken
blood circulation.

3) - exercises to point of
blood flushing skin.

4) chill

5) sedentary habits.

Exercise

1) Floor polishing.

Patent heels, st. A. from
through sun - circle as far back
as possible - 10 times st. A.
10 times st. A.

- 2) Stretch str. st. - Bend to touch toes, knees stiff - slowly - 8 times.
- 3) Y d. str. st. - alt. T. turning quickly - 10 times to each side.
- 4) Stretch str. st. - T. ^{side-}bending to rt. & lt. slowly - 10 times.
- 5) Long sitt. ft. against wall - alt. bending from toe to touch wall - knees bent - sitt. up. - quickly 20 times, raising mouth.
- 6) Str. st. - bend'g to touch opp. toe, lt. to rt. toe & converse. 6 times to each side.
- 7) Floor Tapping - Patient kneels sitt. on heels, twists & taps floor 4 times lt. - up to kn. pos. - swings back on heels & taps to rt.
- 8) 20 small objects on floor - Pick up objects & put on high shelf. quickly.

6 months.

Knee . Synovitis .

- 1) Inflammation of synovial membrane.
- blow, twist etc. w/ inflame.
- 2) Increase in blood supply.
- 3) ... increase in synovial fluid.
- 4) Result - Re-absorption of fluid.
- 5) If not - ligaments stretch.
- if there is half-absorption
adhesions form - which limit
flexion & extension.

Treatment .

- 1) Cold compresses - limit swelling.
that relieves pain.
- 2) Pressure bandage - support +
limit.
- 3) Exercises for quadriceps + massage.
- knee movements to prevent adhesions.

Zone Internal lateral lig .

Internal condyle.

" condyle of tibia
twists knee while bent.

- sharp pain . - knee painful .
- swells + unstable .

Treatment - 1) Immobilize knee - straight

P. of Paris

cast to knee . 3 weeks .

2) Walking - keeps quadriceps .

3) Out of plaster - encourage flexion .



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